



Photo by Staff Sgt. Marcus McDonald

World Wrestling Entertainment Champion John Cena greets his Bagram fans following a match against Triple H Dec. 9.

## Wrestling superstars visit Afghanistan, wrap up tour

by Staff Sgt. Marcus McDonald  
455th Air Expeditionary Wing  
Public Affairs

World Wrestling Entertainment superstars, and its flamboyant chairman Vince McMahon, wrapped up their third "Tribute to the Troops" tour with a live-to-tape show of WWE's Monday Night "RAW" at Bagram Dec. 9.

Before leaving Saturday, WWE Women's Champion Trish Stratus said her first visit to Afghanistan was a learning experience.

The tour, she said, "gave us an

— See 'WWE tour', Page 4



Photo by Chief Master Sgt. David L. Stuppy

Chris Masters, WWE superstar, yells at the crowd.

### Good To Know

❑ **Hometowners** — To send a news release to your hometown newspaper, fill out a hometown news release form, which can be found at this link: <S:\SHARED FILES\455 AEW PA NEWS, INFO\Hometown News Release>. Once you've filled out the form, save it, and e-mail it to PA at [baf-455aew-pa@baf.afgn.army.mil](mailto:baf-455aew-pa@baf.afgn.army.mil). Visit Tent 719 for details or call 231-3260.

❑ **A-10 orientations** — The 354th Expeditionary Fighter Squadron gives weekly A-10 mission briefs and tours Sundays at 1530L (1100Z) at A-10 operations in the 455th Expeditionary Operations Group Headquarters. To sign up, e-mail Capt. Steven Raspet Saturday by 1630L (1200Z).

### 3-Day Forecast

#### Today

Mostly sunny  
H 55/L 23



#### Saturday

Partly cloudy  
H 54/L 25



#### Sunday

P.M. clouds  
H 51/L 25



Source: 455th EOG Weather



## 455 AEW/CC: Thanks for your hard work, sacrifice

by Brig. Gen. Bruce Burda

455th Air Expeditionary Wing commander

Well, here we are, a long way from family and friends and life as we normally live it.

With the holiday season upon us, the challenges of a deployment can be even more dramatic.

This is the time when we have to reach deep down and find that discipline, dedication and toughness to keep the mission moving forward.

As I said earlier this week, you have done great work over the past several months. Your focus and energy have produced impressive results and have helped ensure a successful national election process in Afghanistan this fall. Additionally, the wing continues to execute incredibly successful combat operations and support to ground forces across the AOR.

While staying focused on the mission, I certainly hope you find a way to make your holidays meaningful. Being deployed provides a special opportunity to come together with your friends and "family away from family" to celebrate and support each other here at Bagram and Kandahar.

We'll take care of each other while our thoughts and prayers go out to our families and friends back home.

You are making a difference -- a very big difference. You are serving and making sacrifices now so

*'You are the best  
of the best ... part  
of the most  
professional  
armed forces in  
the world.'*

### General Burda



our countrymen back home are safer and more secure in the years ahead. I constantly get positive words from friends back home who respect your dedication and appreciate all you are doing in support of our various missions here. The American public is behind us and their support will not waver.

I am extremely proud of all of you. You are the best of the best, and prove every day why the Air Force and Navy are part of the most professional armed forces in the world!

Stacy joins me in thanking each of you for your hard work and sacrifice. We send our warmest wishes to you and your families back home this Holiday Season, and hope you have continued success in 2006!



### *Agent sketch*

Stewart Wavell-Smith, left, and Tony Stencil, both with the Air Force Art Program, sketch a drawing of Robert Powers, Air Force Office of Special Investigations Expeditionary Detachment 2405, cleaning his M-16 rifle Dec. 5. The artists' visit captured some of the OSI detachment's responsibilities while deployed to Bagram.

Photo by Staff. Sgt. Marcus McDonald



## Air Force leaders send Airmen holiday message

The following is a holiday message from Secretary of the Air Force Michael W. Wynne, Air Force Chief of Staff Gen. T. Michael Moseley and Chief Master Sgt. of the Air Force Gerald R. Murray:

As 2005 draws to a close, we have the opportunity to reflect on the past year and prepare ourselves for 2006. For many of us, this season brings to mind a yearning for peace. Unfortunately, the enemies of peace are challenging those of us who promote liberty, tolerance and respect for human rights.



**Michael W. Wynne**  
Secretary of the  
Air Force

That is why your service is vital to our nation. In this season of gift-giving, it is one of the greatest gifts you could bestow on your countrymen.

"We have seen this gift you have generously given - and not just to America, but to all

nations. You brought food, shelter and security to those whose lives were devastated by the tsunami in



**Gerald R. Murray**  
Chief Master Sgt.  
of the Air Force

Asia and the Indian subcontinent. You saved lives and restored services to those who felt the immense destruction of hurricanes Katrina and Rita. You provided the conditions for the people of Afghanistan and Iraq to experience the gift of democracy.

You have created the shield that pro-

protects America, flying countless sorties over our homeland. And you have given the gift of national security, by committing yourself to excellence in per-

forming your duties in countless other ways that do not always receive public recognition.

"This gift you give would not be possible without sacrifice. Whether active duty, Reserve, Guard, or civilian, you work under conditions that are very demanding. Some of you are separated from your families this holiday season, deployed to hazardous and austere locations. We are incredibly proud of you and your families, whose support makes your sacrifice possible.

"We are also filled with pride in those who have fallen this year while serving in our Air Force. We shall always remember the gift they gave, and keep their families in our hearts.

"But as we have given the gift of service to our country, we have received much in return.

Sometimes, it has been a care package or kind note from a stranger. Or it has been the support of the communities that lie outside our gates. It has been the unspoken thanks in the exhausted eyes of someone evacuated from a disaster. But one thing is certain - we have received the gift of unwavering support from the people of this land.

"As the holidays approach, we urge all of you to reflect on the gifts you have given

and received this year. We wish you the gifts of peace, health, and happiness in the coming year." (Courtesy of Air Force Print News)



**T. Michael Moseley**  
Chief of Staff  
of the Air Force



### How to submit articles, action photos and/or story ideas to the editorial staff

If news is happening in your unit, feel free to share that with your fellow warriors. To make a submission or if you have a story idea for possible inclusion in future issues, send an e-mail with the basic details to [bagram.bullet@baf.afgn.army.mil](mailto:bagram.bullet@baf.afgn.army.mil).



## WWE tour From Page 1

opportunity to meet and perform for our troops serving in Afghanistan" and more.

"We got a chance to learn about Afghanistan and the processes going on over here," she said. "I was especially interested to hear about schools being built and the growth in the women's movement throughout this nation."

On behalf of the WWE superstars, the wrestler expressed support for the troops serving their country as part of the ongoing global war on terrorism.

"Our men and women in uniform make constant sacrifices for our freedom and the freedom of others around the globe," she said. "This tour gave us a chance to say 'thanks.' It was an experience we'll never forget."

Staff Sgt. Rachella Jones, of New Orleans, said the WWE visit was "awesome." She deployed from Eglin Air Force Base, Fla., and works for the 455th

### WWE "Tribute to the Troops" broadcast

- ☐ Both the tour and the RAW performance in front of U.S. and Coalition troops here will be presented as a holiday special.
- ☐ The broadcast will air Wednesday at 0630L/0200Z on AFN Spectrum
- ☐ In the U.S., the holiday special will air Monday at 2100 EDT on the USA Network.



Photo by Staff Sgt. Marcus McDonald  
**Triple H makes his traditional entrance to the ring Dec. 9.**



Photo by Master Sgt. Timothy Leahy  
**World Wrestling Entertainment Women's Champion Trish Stratus, right, and Ashley, winner of the 2005 WWE Diva Search, prepare for their tag team match.**

Expeditionary Mission Support Group.

"My favorite part was getting a chance to eat breakfast with both Vince McMahon and (wrestler) Triple H during the first day of their visit," Sergeant Jones said.

Airman 1st Class Timothy Beers, an information manager deployed from Dyess Air Force Base, Texas, to Salerno Forward Operating Base, Afghanistan, said the WWE visit was a "dream come true."

"It's not every day that you get to sit down with a celebrity and actually carry on a conversation and get to know them," the Airman from Houston said. "Being part of their visit to Afghanistan was definitely a once-in-a-lifetime opportunity I'm glad I didn't miss."

Airman 1st Class Theodore Houghton, deployed to the 455th Expeditionary Security Forces Squadron from Holloman Air Force Base, N.M., said the tour was energizing.

"It definitely boosted the morale of our entire unit," the Airman from Alta Loma, Calif., said. "The fact the WWE superstars took the time to visit and take photographs with us was more than we could have asked for."

The WWE tour was the largest celebrity production to visit troops serving in Afghanistan.



### Bagram Bulletin Editorial Staff, Disclaimer

Brig. Gen. Bruce Burda ..... Commander, 455th AEW  
Staff Sgt. Marcus McDonald ..... Editor/NCOIC, Public Affairs  
455th Expeditionary Mission Support Group ..... Technical support

*This newspaper is an authorized publication for members of the U.S. Air Force deployed to Bagram Air Field, Afghanistan. Contents of the Bagram Bulletin are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Air Force. The editorial content is edited, prepared and provided by the 455th AEW/PA office.*

## Air Force releases new mission statement

by Master Sgt. Mitch Gettle

*Air Force Print News*

The realities of the world have changed dramatically since the creation of the Air Force in 1947 and continue to change almost daily.

With these changes in mind, Air Force leaders released a new mission statement Dec. 7 that defines the current and future direction of the Air Force.

"Today, our world is fast paced, constantly shifting and filled with a wide range of challenges," Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley wrote in a joint Letter to Airmen. "Our mission is our guiding compass, and now more than ever we need it to be clear and precise."

The mission statement defines the "where and what" the Air Force accomplishes on a daily basis:

The mission of the United States Air Force is to deliver sov-

ereign options for the defense of the United States of America and its global interests -- to fly and fight in Air, Space, and Cyberspace.

The statement includes two new concepts, "sovereign options" and "cyberspace," which the secretary and chief defined. They said having sovereign options is the essence of being a superpower.

"Our task is to provide the president, the combatant commanders, and our nation with an array of options ... options that are not limited by the tyranny of distance, the urgency of time, or the strength of our enemy's defenses," they said. "With one hand the Air Force can deliver humanitarian assistance to the farthest reaches of the globe, while with the other hand we can destroy a target anywhere in the world."

The term cyberspace includes network security, data transmission and the sharing of information.

"We have quite a few of our Airmen dedicated to cyberspace ...

from security awareness, making sure the networks can't be penetrated, as well as figuring out countermeasures," Secretary Wynne said. "The Air Force is a natural leader in the cyber world and we thought it would be best to recognize that talent."

Adversaries of the United States will use any method or venue necessary to contest America, and it is an Airman's calling to dominate air, space and cyberspace, the leaders said.

"If we can decisively and consistently control these commons, then we will deter countless conflicts," they said. "If our enemies underestimate our resolve, then we will fly, fight, and destroy them."

Using past air power pioneers as examples of understanding the mission, they said, "The Air Force's mission statement has evolved over time, but it does not change the nature of who we are or what we do." (*Courtesy of Air Force Print News*)



Photo by 1st Lt. Christian Backhaus

### *Hajj support*

**Tech. Sgt. Jimmy Cox** (driving truck), **451st Air Expeditionary Group**, provides ground support to a Hajj flight at Kandahar Airfield, Afghanistan. Hajj – an annual Muslim pilgrimage to Mecca, Saudi Arabia – kicked off Dec. 1. The 451st AEG is a geographically separated tenant unit of the 455th Air Expeditionary Wing.



## Leadership recognizes promotees, top performers

by Staff Sgt. Marcus McDonald

455th Air Expeditionary Wing Public Affairs

Twelve Airmen moved up to their next enlisted rank and five were chosen as the best of the best at the 455th Air Expeditionary Wing's monthly promotion and awards ceremony Dec 1.

The promotees were as follows:

❑ *To Airman 1st Class:* **Curtis Jones** and **Adam Speer**

❑ *To Senior Airman:* **Katrina Schrotenboer** and **Sarah Beauchamp**

❑ *To Staff Sergeant:* **James Willhite**; **John Daly**; **Robert Montalvo**; **Adam Fralic**; **Amanda MacMillan**; and **Stewart Hanska**

❑ *To Technical Sergeant:* **Nicholas O'Reilly**

❑ *To Master Sergeant:* **David Baker**

Wing leadership then recognized the Top Performers of the Month:

❑ *Airman Category:* **Senior Airman Angelina Clark**, 73rd Expeditionary Air Control Squadron (geographically separated unit at Kandahar)

❑ *NCO Category:* **Staff Sgt. Daniel Loomis**, 455th Expeditionary Civil Engineer Squadron

❑ *Senior NCO Category:* **Master Sgt. Douglas Keith**, 455th Expeditionary Aircraft Maintenance Squadron

❑ *CGO Category:* **Capt. Alan Hietpas**, 41st Ex-

peditionary Electronic Combat Squadron

❑ *Civilian Category:* **Doug Starkweather**, 455th Expeditionary Operations Group/Air Force Contract Augmentation Program (AFCAP)

Other award nominees were also recognized:

❑ *Airman Category:* **Airman 1st Class Courtney Finnegan**, 455th Air Expeditionary Wing; **Airman 1st Class Craig Stawicki**, 455th Expeditionary Mission Support Group; **Airman 1st Class Charles Coy**, 455th Expeditionary Maintenance Group; and **Senior Airman Alexander Rosales**, 455th Expeditionary Operations Group

❑ *NCO Category:* **Tech. Sgt. Robin Petelo**, 455th Air Expeditionary Wing; **Tech. Sgt. Mark Warinner**, 455th Expeditionary Maintenance Group; and **Staff Sgt. Bryon Mertzluftt**, 455th Expeditionary Operations Group

❑ *Senior NCO Category:* **Master Sgt. Victor Wilson**, 455th Air Expeditionary Wing; **Master Sgt. Donnie Wright**, 455th Expeditionary Mission Support Group; and **Master Sgt. Kirk Sumpter**, 455th Expeditionary Operations Group

❑ *CGO Category:* **1st Lt. Adrian Cercenia**, 455th Expeditionary Mission Support Group; and **2nd Lt. Jeremy McCraney**, 455th Expeditionary Maintenance Group

❑ *Civilian Category:* **Scot Smith**, 455th Expeditionary Maintenance Group

## 455th AEW's Top Performer — Senior NCO Category

### Job title

A-10 aircraft production superintendent

### Deployed unit

455th Expeditionary Aircraft Maintenance Squadron

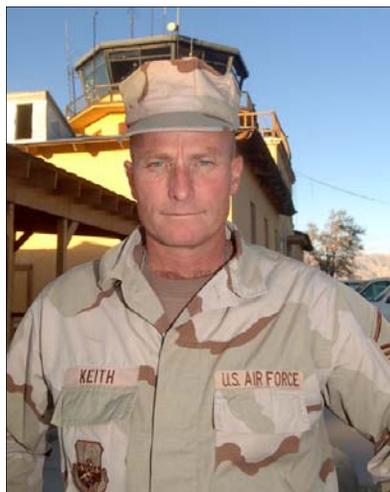
### Home station

Davis-Monthan Air Force Base, Ariz.

### Hometown

Tucson, Ariz.

**How do you feel about making history here in Afghanistan as part of the ongoing Global War on Terrorism?** I feel like a football coach of a championship team — the 354th Aircraft Maintenance



*Master Sgt.  
Douglas Keith*

Unit "Bulldogs" — everyday. Getting jets launched on time, every time is a must in our business; someone's life depends on it. The more I can do to contribute to that cause, I welcome it with open arms.

**What have you enjoyed most about your time here?** Putting our pilots in the safest aircraft and getting them to the fight as soon as possible on a daily basis.

**What advice would you give to others for a successful Air Force career?** Be the best you can possibly be. Also, be patient and never give up.



[americasupportsyou.mil](http://americasupportsyou.mil)

## Americans send holiday greetings, messages of support, thanks

□ **Editor's note:** *The following messages were compiled from both greeting cards as well as the America Supports You website.*

Hello. My name is Amy Graber. I am 16 years old sophomore at Barr-Reeve High School. I participate in cheerleading, volleyball and softball.

Thanks for everything you have done for our country. Have a wonderful holiday season!

**Amy Graber, Loogootee, Ind.**

Think of you and hoping that your Christmas will be filled with one nice surprise after another. Also wishing you a Happy New Year 2006. Take care.

**Teresa Acuna, Austin, Texas**

Hey! My name is Cadet Amanda of the Sarasota Military Academy. I wish you all a happy holiday season. Thanks for all you do.

You're truly making an impact for generations to come!

**Amanda, Sarasota, Fla.**

We are so proud of our great country and we know it is because of people serving like you that it is a safer better place to live!

We support you and thank you for all you do. May God bless you.

**Joe and Barbara White, Meridan, Miss.**

Thank you for protecting our country. I pray for you always. May protection and safety be upon you! Always cling to Isaiah 41:10, which says: "So do not fear for I am with you, do not be dismayed for I am your God. I will strengthen you and help you I will uphold you with my righteous hand."

**Roze Shepard, Endicott, N.Y.**

May the message of Christmas bless you with God's hope and peace. All our love and prayers are with you always. Thank you for all your efforts.

**Your friend, Kathy, Norfolk, Va.**

Hello, how is your day that I hope is good well just here to pop in and grant you a Merry Christmas and a Happy New Year.

**Jessie, Bellefonte, Penn.**

Hi. My name is Cadet Andrew Kaplinski and I go to the Sarasota Military Academy in Sarasota Fla.

I just want to thank you for everything you do and I hope you have a safe and happy holiday season.

**Sincerely, Andrew**



As a 20-year veteran who retired in 1988, I want to say thanks to you, the next generation. You are doing a terrific job under difficult circumstances.

I want you to know that your sacrifices and the sacrifices of your families are appreciated.

I teach at a community college in an area of intense anti-war sentiment. I am approached by many students who express their support of our government and military.

Most people recognize that, without you on the frontline, there would be no freedom on the home front.

**Bill Crowe, Eureka, Calif.**

I just wanted you to know how much I value everything you're doing. You are fighting to protect freedom. No matter what kinds of opposition you may face, always remember that there are people there who truly appreciate and need your help. You saved them from the oppression of their government and are helping secure their futures.

Thank you so much for your efforts and we all love and cherish you. Come home safely.

**Ryan, Houston, Texas**





# Bagram Bob

## Supplements Part II

In one of my previous discussions, I talked about supplements. Since then, I have received a couple questions asking for more info.

Today I will take about three supplements; protein, creatine, and nitric oxide.

Before continuing on, as I said in the previous article, most supplement advertisements and statements have not been evaluated by the FDA for accuracy or authenticity. As a result, do your fair share of research before taking supplements.

Protein is made of amino acids, which are essential for muscle growth. There are three basic types of protein; whey, egg, and casein.

So the inevitable question is "which one should I take?" The answer is it depends.

The issue is digestion and absorption. Whey is a fast absorption protein and is usually best taken immediately after a workout. Egg proteins are average absorption and are a good anytime or pre-

workout protein. Casein is a slow absorption protein and is good as an evening/bedtime protein.

Creatine has two main benefits. First, creatine increases your body's ability to resupply energy to your muscles. Second, creatine works as a cell volumizer by drawing water into your muscle tissue. Creatine is usually best taken during and/or immediately after working out.

Nitric oxide works as a vasodilator or hemodilator. This increases blood flow to deliver more oxygen and nutrients to fatigued muscles. Nitric oxide is usually best taken before working out.

As stated before, do your research before taking supplements and keep in mind – supplements are just that – supplements to enhance a well balanced diet and exercise program.

For more information on these and other supplements, see the fitness specialists at the 455th Expeditionary Services Squadron.

If this or other topics brings questions to your mind that you'd like to see addressed, drop an e-mail to [bagram.bullet@baf.afgn.army.mil](mailto:bagram.bullet@baf.afgn.army.mil). In the subject line, type in "Bagram Bob."

You can also visit the 455th AEW/PA office in Tent 719.

# ENDURING FAITH CHAPEL

## WEEKLY WORSHIP SERVICES

### Gospel

Sundays ..... 1730L (1300Z)

### Jewish

Fridays ..... 1900L (1430Z)

### Korean Protestant

Sundays ..... 1545L (1115Z)

### Latter Day Saints

Sundays ..... 1300L (0830Z)

### Liturgical Protestant

Sundays ..... 0830L (0400Z)

### Muslim

Fridays ..... 1800L (1330Z)

### Seventh Day Adventist

Saturdays ..... 0930L (0500Z)

### Protestant

Sundays ..... 1130L (0700Z)

### Roman Catholic

Saturdays ..... 1945L (1515Z)



## PRAYER REQUESTS

Visit the chapel offices, located near the Dragon DFAC, or call 231-4755.

Sundays ..... 1000L (0530Z)

## OTHER SERVICES, MEETINGS

### Catholic Mass

Weekdays ..... 1130L (0700Z)

### Chapel Cleanup

Saturdays ..... 1100L (0630Z)

### Gospel Bible Study

Thursdays ..... 1900L (1430Z)

### Noon Day Prayer

Weekdays ..... 1215L (0745Z)

### Promise Keepers Men's

### Fellowship/Bible Study

(conference room on first floor of base operations)

Wednesdays ..... 1900L (1430Z)

### "Friends of Bill" (AA meeting)

(Inner Strength Café, the

chapel at Camp Lacey)

Saturdays ..... 1930L (1500Z)